

**Clinical Fellow: Dr. Arun Kumar Singh**  
**Mentor (S): Prof. Tatsuhiko Urakami**

**Nihon University Tokyo Japan**

First of all I want to thank ISPAD for granting me the fellowship for Allah Drash fellowship. Prof. Tatsuhiko Urakami was my mentor during my fellowship at Nihon University, Tokyo, Japan. Particularly, I selected this centre as I want deeper knowledge in regards to Type I Diabetes and so on.

In Nepal we have only one diabetes centre at B. P. Koirala Institute of Health Sciences, Dharan. We have more than 50 pediatric patients of Type I Diabetes being treated in this Institute. We are treating them free. Even then patients from the poor family are unable to afford for insulin pump sensor. Fellowship program has empowered by knowledge for the treatment and management of Type I Diabetes.

I had a wonderful experience during my stay in Tokyo for six weeks. My mentor Prof. Tatsuhiko Urakami organised a structure program for my visit so that I could get maximum benefit.

Department of Pediatric at Nihon University is 22 bedded Hospital. Over 500 children with endocrine disorders and 80 with inborn error metabolism detected by neonatal screening are been treated and managed where about 200 patients with Type I diabetes, 80 with Type II Diabetes and 20 with monogenic diabetics including MODY and mitochondrial Diabetes .I got chance to meet and empower my knowledge from Dr. Ishige; Dr. Tatsuo Masako Aoki; Dr. Modori, Dr. Tatsuo Fuchigami; Dr. Masako Aoki; Dr. Modori; Dr. Midori Miyata; Yusuke Mine, Dr .Junichi Suzuki and all others who were working there.

**Duration of the training (6 weeks): 23 Dec to 3 Nov, 2017**

MONDAY: Ward and OPD

TUESDAY: OPD Supervised by Prof .Tatsuhiko Urakami

WEDNESDAY: Ward and OPD

THURSDAY: OPD Supervised by Prof .Tatsuhiko Urakami

FRIDAY: Ward and OPD

SATURDAY: OPD Supervised by Prof .Tatsuhiko Urakami

On 17 Nov. 2017, I visited National Children Hospital, Department of Molecular Endocrinology Research Department and met Dr. Kikumi Ushijima, got information about ongoing research in Diabetes.

Beside ward and OPD I also participated in weekly staff meeting and Tokyo Diabetes Conference. I got opportunity to interact with Scientists and Clinicians about Type I Diabetes and understood intricacies and challenges of these areas.

These discussions has changed my vision and made me to think on global prospective. New developments in the fields of diabetes have been, no doubt remarkable but theirs global applicability is still a big challenge .Discrepancies in access to health care facilities ,variations of disease and patient profile and affordability are several factors which are concerns when we look as global perspective .We clinicians and researcher need to think of the best and develop some

innovative methods for diabetes which should be universal particularly in resource limited settings where most diabetes related deaths are occurring.

I thank Prof. Prof. Tatsuhiko Urakami for making me to think in broader perspective. Overall it was great opportunity for me to develop mentorship with the experts and ISPAD collaboration for future research endeavours.

I would like to thank prof. Prof. Tatsuhiko Urakami for being a wonderful mentor and making this visit life time memorable event for me.

I again thank ISPAD for providing me this opportunity which has helped me not only in academic development but also for becoming a more mature person.

Dr. Arun Kumar Singh